

2015 Free Wellness Offerings

Plan Administrator	Preventive Care	Online Health Risk Assessment (HRA)	Mobile App Tool to access health information from wireless device	Periodic Newsletter with wellness topics (available online or mailed to member)	24/7 Health Information Line	Various discount and amenities programs including items such as fitness clubs, weight management programs, and other health and nutritional programs	Other online health resources such as clinical libraries	Lifestyle Management - offers vary by health plan but may include items such as tobacco cessation, weight management and stress management
CIGNA www.cigna.com/stateofil	Covered 100% in network	✓	✓	✓	✓	✓	✓	✓
BlueAdvantage HMO www.bcbsil.com/stateofillinois	Covered 100% in network	✓	✓	✓	✓	✓	✓	✓
Coventry Healthcare HMO www.chcillinois.com	Covered 100% in network	✓	✓	✓	✓	✓	✓	✓
Health Alliance HMO www.healthalliance.org/stateofillinois	Covered 100% in network	✓	✓	✓	✓	✓	✓	✓
HMO Illinois www.bcbsil.com/stateofillinois	Covered 100% in network	✓	✓	✓	✓	✓	✓	✓
Coventry OAP www.chcillinois.com	Covered 100% in network	✓	✓	✓	✓	✓	✓	✓
HealthLink OAP www.healthlink.com/illinois_index.asp	Covered 100% in network	✓	✓	✓	✓	✓	✓	✓
Delta Dental http://soi.deltadentalil.com	Covered 100% in network	✓		✓			✓	
EyeMed www.eyemedvisioncare.com/stil	Annual Eye Exam \$25						✓	
CVS/caremark www.caremark.com	N/A		✓	✓	✓	✓	✓	
Magellan Behavioral Health www.magellanhealth.com	N/A	✓		✓	✓	✓	✓	✓

2015 Free Wellness Offerings

Be Well, Get Well, Stay Well

The State currently offers many valuable wellness programs to help keep our members healthy and help all our members get healthier! We want all our members to live longer, better and have more satisfying lives.

Reintroducing the Services our Current Vendors Offer—What YOU Can Do Now...

- 1) Get your annual checkup. It is vitally important to have a preventive exam each year obtain all gender and age-related recommended tests. This not only includes check-ups from your primary care physician, but also your dentist and eye care professional as these check-ups can identify other health related issues as well.
- 2) Know your numbers! At your annual physical, obtain from your doctor the following information: blood pressure, pulse rate, blood glucose levels (sugar), total cholesterol and body mass index. This is also called a biometric screening.
- 3) Complete a Health Risk Assessment (HRA). This is available on the plan administrator's websites. An HRA should be completed annually. Input your biometric screening results into the HRA for more accurate results.
- 4) Use all the valuable resources your health plans offer. These include items such as various online resources including, lifestyle management offerings and dedicated nurse lines. You can also find your Explanation of Benefit (EOB) Statements online. Make sure to visit your plan administrator's website to utilize all the tools they offer.

Other Valuable Programs to Aid in Wellness:

- ❖ **NEW! Weight-Loss Benefit** - Effective July 1, 2014, eligible plan participants are entitled to receive a rebate towards the cost of an approved weight-loss program. The maximum rebate is \$200, once every three plan years.
- ❖ **Smoking Cessation Program** - Eligible plan participants are entitled to receive a rebate towards the cost of an approved smoking cessation program. The maximum rebate is \$200, one per plan year. See the Member Benefits Handbook for details.

Confidentiality

All information revealed in your HRA is not shared with the State. We encourage you to talk to your doctor and share the results. Discuss with your doctor ways you can improve your health.

Take Action TODAY

Put an action plan into place TODAY to better your health. Take the first step and get your annual checkup today!